



“The overwhelming consensus is that the strategies work: patients respond, practitioners save time, provider-patient relationships become richer, and everyone feels a little less stressed out.”

THE FIFTEEN MINUTE HOUR

PREFACE

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Welcome!



The Fifteen Minute Hour is a book about incorporating useful knowledge from psychology and psychotherapy into medical practice to become more effective in dealing with the emotional overlay or underlay of problems patients bring to the primary care practitioner. The Fourth Edition of **The Fifteen Minute Hour** is now available. A previous edition is available in a Japanese translation.

The Fifteen Minute Hour: Therapeutic Talk in Primary Care 4th Edition

Published by Radcliffe Publishing Ltd.: This brand new edition features evidence-based material on the positive effects of our technique and updated material on using cognitive behavioral therapy and positive psychology to enhance patient health. [Click here](#) for more information about the new edition.

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Please e-mail me with questions.

Principal author **Marian R. Stuart, Ph.D.** is Professor Emeritus in the Department of Family Medicine, UMDNJ-Robert Wood Johnson Medical School. She has presented internationally in areas of communications skills, mind-body medicine, geriatrics, family dynamics, stress management and medical education. An expert in group dynamics, she is an accomplished facilitator of retreats for professional groups. Additionally, she maintains a small private practice as a Licensed Psychologist in Morristown, NJ.

Publishers Description:

By incorporating therapeutic talk into daily practice, family doctors can solve and often prevent many psychological and behavioural problems. The approaches described in this text are designed not only to enhance the therapeutic relationship, but also to make practice more productive and pleasurable. In particular, they can be applied in the context of a standard length consultation, rather than lengthy therapy sessions.

Developed over two decades and four editions, the overwhelming consensus is that the strategies described in this book work: patients respond, practitioners

save time, and provider-patient relationships become richer. The techniques will certainly increase readers' abilities to recognize and treat common emotional problems. The approach is pragmatic, flexible and easily learned, and it works!

'The fact that this book has progressed to a fourth edition confirms the usefulness of these techniques to those of us in primary care. Although the basic concepts presented are similar to earlier editions, much new material has been added to make these principles and techniques more useful to the primary care health professional. This book is a valuable resource for primary care physicians and all health professionals involved in providing primary care to patients. It contains many simple and practical techniques that are useful in practice.'

Robert E Rakel MD in the Foreword

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